



PEEC

Pajarito Environmental
Education Center

Child Protection Training for PEEC personnel: staff, volunteers, casual staff, and contract employees.

Updated: May 2022

Created by: Christa Tyson, Visitor Services Manager

Your mental health and wellbeing are important, so please take care of yourself. This training will discuss the inappropriate actions of adults against children, including but not limited to: emotional abuse, sexual abuse, physical abuse, and neglect. You may find this content or topic disturbing, so I encourage you to prepare yourself emotionally beforehand.

If you fear this training will be traumatizing or affect your mental health, you may choose to not participate. However, please know this is a **mandatory yearly training for all staff, casual staff, PEEC educators, and contract employees**. This training is optional, yet strongly encouraged, for PEEC volunteers. If you need an accommodation to complete this training in a way this is healthy for you, please let the instructor know.

Objectives

- Understand PEEC's Child Protection Policies
- Protect children
 - What is child abuse and neglect?
 - Effects of child abuse and neglect
 - The "ACE's"
 - Recognizing different types of child abuse
 - How to help
- Learn abuser characteristics
- Learn reporting requirements
- True or False
- Scenarios



Understanding PEEC's Child Protection Policy

- Read and sign the PEEC child protection policy. You can find the policy **on our website** <https://peecnature.org/wp-content/uploads/2020/09/Child-Protection-Policy.pdf>
- A summary of PEEC's child protection policy:
 - **RULE OF THREE:** PEEC personnel must never be alone with a single child where they cannot be observed by others during any official PEEC activity.
 - All persons in NM are mandatory reporters. If you witness or suspect abuse, you must report to CPS and to the PEEC Executive Director.
 - Background check must be completed before personnel's first shift.
 - This is a yearly training.

Philosophy and policies

➤ Preventative Measures

Educate yourself:

- Follow PEEC philosophy and policies to protect yourself and PEEC.
- Child protection training, pre-employment screening, background checks.
- Be clear with your team: expectations and your plan for the day.
- Model appropriate behavior and correct/mentor other PEEC personnel if needed.
- PEEC personnel should educate parent/caregiver:
 - Sign-in to ensure chain of possession of child
 - Monitor sign-out and check ID

Educate the child:

- Demonstrate physical space parameters
- No out-of-program contact
- Touching policy: bathing suit rule; age appropriate, child-initiated, gentle limits, witnessed- “would you like a high-five?”

Philosophy and policies

- Discipline:
 - Positive reinforcement, discuss, give options, clear expectations ahead of time
- Supervision:
 - Rule of 3
 - Look for those who don't belong
 - Awareness of strangers
 - Is someone always hanging out with the same child? Be aware.
 - Frequent head counts
 - Open communication with other PEEC personnel



Video: What is child abuse and neglect?



Any intentional harm or mistreatment to a child under 18 years old is considered **CHILD ABUSE.**

Dr. Frankie Fike, MD
Board-Certified Pediatric Surgeon

MEDICALLY SPEAKS

0:00
0:09 / 1:00

Video player controls: play/pause, volume, full screen, and other standard icons.

What are some types of Abuse?

▶ Physical Abuse

▶ Neglect



▶ Emotional Abuse

▶ Sexual Abuse

Types of Abuse



▶ Physical Abuse

- Bodily harm
- Bullying
- Physical control over the child: pinning, grabbing, holding (some abuse won't leave bruises)

▶ Emotional Abuse

- Verbal assault endangers mental health/emotional development
- Humiliation

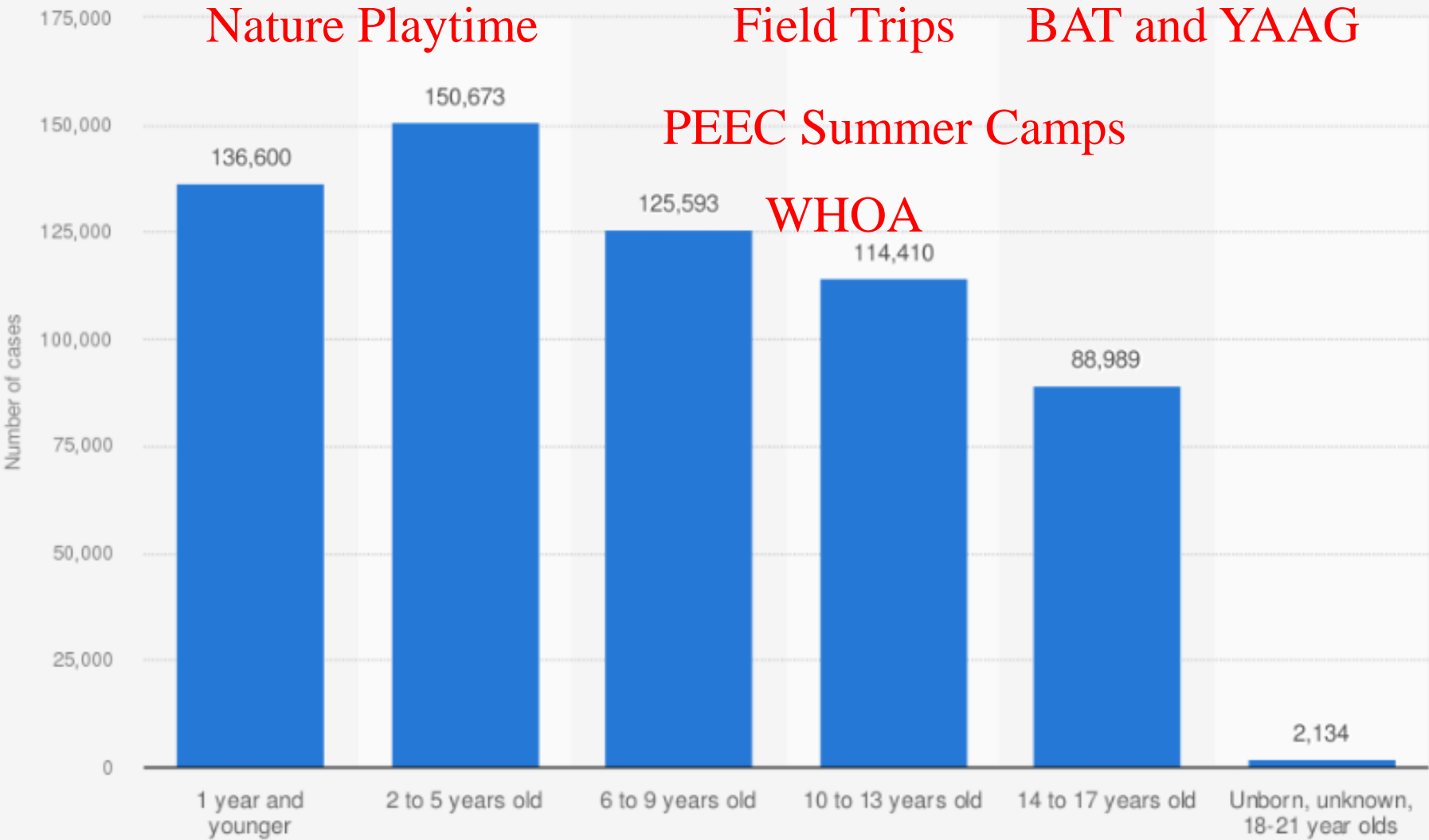
▶ Neglect

- Failure to provide food, clothing, supervision, or medical care
- Not ensuring safety
- Emotional neglect

▶ Sexual Abuse

- Visual
- Physical

Number of cases of child abuse in the United States in 2020, by age of victim



Sources
US Department of Health and Human Services;
Administration for Children & Families
© Statista 2022

Additional Information:
United States; US Department of Health and Human Services; Administration for Children & Families; 2020

Video: Types and Signs of Abuse



Define Types of Abuse



Recognize Signs & Patterns

and discuss how to recognize their signs.

Physical Abuse

Unpredictability. The child never knows what is going to set the abuser off. Unclear boundaries or rules. “Walking on eggshells”

Lashing out in anger. Abusers act out of anger and the desire to assert control

Using fear to control behavior.

Abusers may believe children need to fear them in order to behave.

- Involves physical harm or injury to the child.
- It may be the result of a deliberate attempt to hurt the child
- Excessive physical punishment



Warning signs of physical abuse



FREQUENT INJURIES OR UNEXPLAINED BRUISES, WELTS, OR CUTS



IS ALWAYS WATCHFUL AND "ON ALERT," AS IF WAITING FOR SOMETHING BAD TO HAPPEN



INJURIES APPEAR TO HAVE A PATTERN SUCH AS MARKS FROM A HAND OR BELT



SHIES AWAY FROM TOUCH, FLINCHES AT SUDDEN MOVEMENTS, OR SEEMS AFRAID TO GO HOME



WEARS INAPPROPRIATE CLOTHING TO COVER UP INJURIES, SUCH AS LONG-SLEEVED SHIRTS ON HOT DAYS

Emotional Abuse

- Belittling, shaming, and humiliating
- Calling names and making negative comparisons to others
- Telling a child they're "no good," "worthless," "bad," or "a mistake"
- Frequent yelling, threatening, or bullying
- Ignoring or rejecting -the silent treatment
- Limiting physical contact with a child—no signs of affection
- Exposing a child to violence against others, whether it is against the other parent, a sibling, or even a pet



Warning signs of emotional abuse



EXCESSIVELY
WITHDRAWN, FEARFUL,
OR ANXIOUS ABOUT
DOING SOMETHING
WRONG



SHOWS EXTREMES IN
BEHAVIOR (EXTREMELY
COMPLIANT, DEMANDING,
PASSIVE, AGGRESSIVE)



DOESN'T SEEM TO BE
ATTACHED TO THE
PARENT OR CAREGIVER



ACTS EITHER
INAPPROPRIATELY ADULT
(TAKING CARE OF OTHER
CHILDREN) OR
INAPPROPRIATELY
INFANTILE (THUMB-
SUCKING, THROWING
TANTRUMS)

Child Neglect

- Failing to provide for a child's basic needs: adequate food, clothing, hygiene, or supervision
- Child neglect is not always easy to spot.
- Sometimes, a parent might become physically or mentally unable to care for a child, such as in cases of serious illness or injury, or untreated depression, or anxiety.
- Other times, alcohol or drug abuse may seriously impair judgment and the ability to keep a child safe.



Warning signs of child neglect



CLOTHES ARE ILL-FITTING, FILTHY, OR INAPPROPRIATE FOR THE WEATHER



HYGIENE IS CONSISTENTLY BAD (UNBATHED, MATTED AND UNWASHED HAIR, NOTICEABLE BODY ODOR)



UNTREATED ILLNESSES AND PHYSICAL INJURIES



IS FREQUENTLY UNSUPERVISED OR LEFT ALONE OR ALLOWED TO PLAY IN UNSAFE SITUATIONS



IS FREQUENTLY LATE OR MISSING FROM SCHOOL

Sexual Abuse

- Child sexual abuse is an especially complicated form of abuse because of its layers of guilt and shame.
- It's important to recognize that sexual abuse doesn't always involve body contact.
- Exposing a child to sexual situations or material is sexually abusive, whether or not touching is involved.
- Can be visual or physical abuse.



Warning signs of sexual abuse



TROUBLE WALKING
OR SITTING



DISPLAYS
KNOWLEDGE OF
SEXUAL ACTS
INAPPROPRIATE FOR
THEIR AGE, OR EVEN
SEDUCTIVE BEHAVIOR



MAKES STRONG
EFFORTS TO AVOID A
SPECIFIC PERSON,
WITHOUT AN
OBVIOUS REASON



DOESN'T WANT TO
CHANGE CLOTHES IN
FRONT OF OTHERS
OR PARTICIPATE IN
PHYSICAL ACTIVITIES



AN STD OR
PREGNANCY,
ESPECIALLY UNDER
THE AGE OF 14



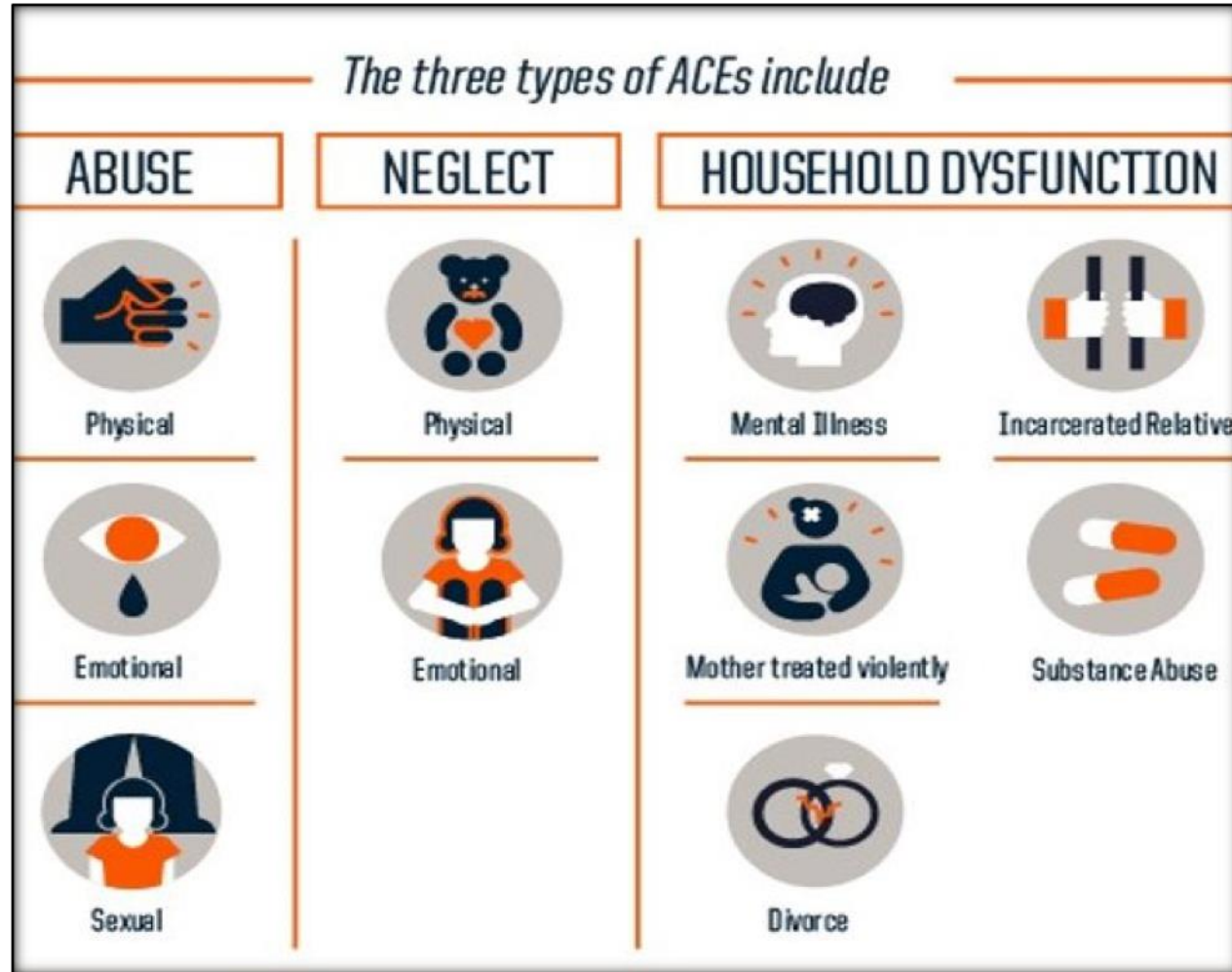
RUNS AWAY FROM
HOME

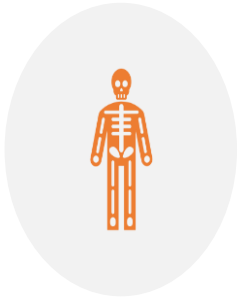
Pre-conditions for Sexual Abuse

- ▶ Offender with the internal motivation to molest
 - ▶ Offender must overcome inhibitions
 - ▶ Offender must overcome external barriers
 - ▶ Offender must overcome resistance from intended victim
-
- Strategies used:
 - Seduction; friendship, gifts, “favorite” status
 - Trickery
 - Force
 - Trying to become “friends” with child
 - Trying to be alone with child

ACE's Adverse Childhood Experiences

The degree of trauma is commonly gauged in terms of ACEs.





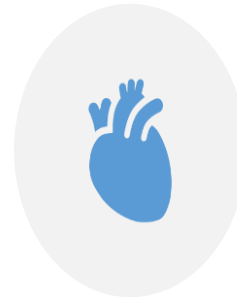
The higher the number of ACEs in a child's background, the more likely they will have long-term effects from these traumas.



ACEs can have a profound impact on academic skill acquisition and emotional and behavioral functioning.



Children with higher ACEs are more likely to drop out of school, have difficulty holding a job, end up in prison, have drug and alcohol problems and have fewer meaningful relationships.



Exposure to significant trauma in childhood leads to a higher likelihood of developing risk factors for heart disease in early adulthood, hypertension, obesity and diabetes.

Be Aware of Your Environment

Risk Factors

Any personal trait or environmental quality that is associated with child abuse or neglect.



- Domestic violence
- Alcohol and drug abuse
- Untreated mental illness
- Lack of parenting skills
- Stress and lack of support

***Not necessarily causes.

How to help an abused child



Tips for talking with the minor

- ▶ Remain calm
- ▶ Stay supportive. You may be the first person with whom this individual has discussed these feelings.
- ▶ Listen
- ▶ Reassure them that help is available
- ▶ Do not judge
- ▶ Do not interrogate
- ▶ Reassure the child that he/she did nothing wrong
- ▶ Provide constant supervision...**Do Not** leave him/her alone
- ▶ Remove means for self-harm if this is a concern
- ▶ Follow the next steps for reporting the child abuse or neglect

Tips for talking with the minor

- ▶ Remember, if a minor asks to speak with you alone, you still need to follow the rule of three.

Reporting abuse

- ▶ If you suspect that a child is undergoing abuse, it's critical to report it, and to continue reporting each separate incidence if it continues to recur.
- ▶ Each report you make is a snapshot of what's going on in the family.
- ▶ The more information you can provide, the better the chance of the child getting the help they deserve.



Reporting concerns



- ▶ I don't want to interfere in someone else's family.
- ▶ What if I break up someone's home?
- ▶ Will they know it was me who called?
- ▶ What I have to say won't make a difference.

Do you need support?

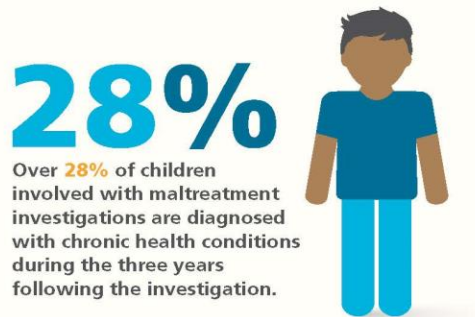
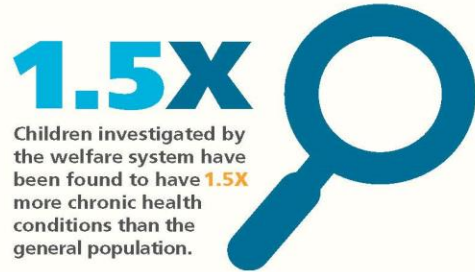


- ▶ If you need support, you can talk with PEEC's ED or another co-worker about your observations.
- ▶ Know you're doing what's best for the child
- ▶ What you do will make a big difference! You're doing the right thing.

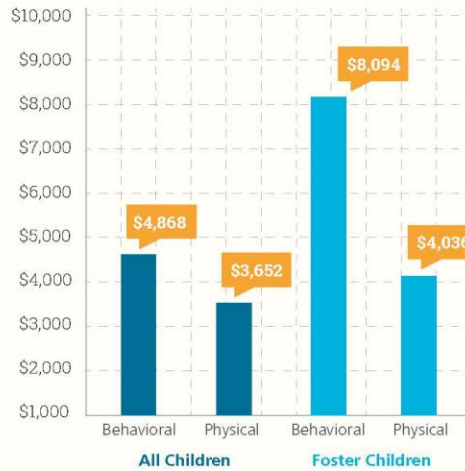
THE REAL COST OF CHILD ABUSE AND NEGLECT

July 2014

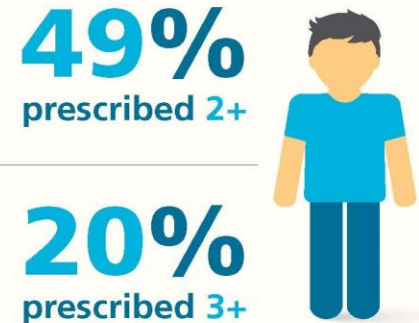
Child Welfare agencies and Medicaid programs can collaborate to reduce these costs and improve health outcomes for children. To learn more about these opportunities and examples of successful collaboration [Click Here](#)



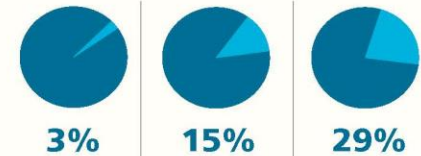
Average behavioral and physical health expenditures for children in foster care are much higher than other similar Medicaid peers:



Children in foster care who are prescribed psychotropic medication are more likely than other Medicaid children to receive multiple medications.



Children in foster care represent just **3%** of the Medicaid child population, but account for **15%** of those using behavioral health services, and **29%** of total behavioral health spending for children.

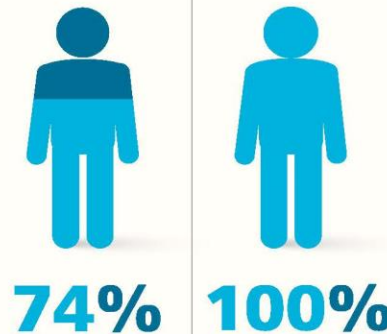


Impacted Brain Development

- Effect of Trauma and Toxic Stress on Executive Function
- Abusive Head Trauma
- Mental Health Disorders
- Lack of Cognitive/ Language Abilities

Decreased Physical Health

- Poorer Lung Functioning
- High Risk of Liver Disease
- Delayed Body Development



Children with maltreatment reports have a **74-100%** higher risk of hospital treatment.



The estimated lifetime cost per victim of nonfatal child maltreatment is over **\$200,000**, which includes **\$32,648** in childhood health care costs.

Child Abuse is:

SEXUAL

ANY FONDLING OF A CHILD'S GENITALS, RAPE, SODOMY, INDECENT EXPOSURE, PENETRATION, INCEST, AND EXPLOITATION

PHYSICAL

ANY BEATING, KICKING, BITING, STABBING, CHOKING, BURNING, PUNCHING OR OTHERWISE HARMING A CHILD TO CAUSE PHYSICAL INJURY

PSYCHOLOGICAL

ANY BEHAVIOR PATTERN THAT IMPAIRS A CHILD'S SENSE OF SELF WORTH OR EMOTIONAL DEVELOPMENT



60 sec.

EVERY 60 SECONDS
ANOTHER CHILD WILL BE A
VICTIM OF ABUSE



3.6 Mil.

THERE ARE 3.6 MILLION
REFERRALS OF CHILD ABUSE IN
A GIVEN YEAR

Child Abuse Causes Fatalities

4

CHILDREN
DIE A DAY

131

CHILDREN
DIE A MONTH

1,580

CHILDREN
DIE A YEAR



70% OF CHILD FATALITIES WERE CHILDREN UNDER THE AGE OF 3

The Effects of Child Abuse



ABUSED CHILDREN ARE **9X** MORE LIKELY TO BECOME INVOLVED IN CRIMINAL ACTIVITIES



ADULTS WHO SUFFERED CHILDHOOD ABUSE ARE **2X** AS LIKELY TO EXPERIENCE EMPLOYMENT PROBLEMS, FINANCIAL PROBLEMS, AND ABSENTEEISM

[HTTP://WWW.UNNATURA.CAUSES.ORG](http://www.unnatura.causes.org)



AS MANY AS **2/3** OF THE PEOPLE IN TREATMENT FOR DRUG ABUSE REPORTED BEING ABUSED OR NEGLECTED AS CHILDREN

[HTTP://WWW.CHILDABUSE.ORG/ACTS](http://www.childabuse.org/acts)

You Can Prevent Child Abuse!



IF YOU SUSPECT A CHILD IS EXPERIENCING SOME FORM OF MALTREATMENT, CALL CHILDHELP NATIONAL CHILD ABUSE HOTLINE AT 1-800-4ACHILD

True or False?

**True or
False?**

True or False?

It's only abuse if it's violent.

True or False?

True or False?

It's only abuse if it's violent.

- ▶ **False:** Physical abuse is just one type of child abuse.

Child neglect, sexual abuse, and emotional abuse can inflict just as much damage, and since they're not always as obvious, others are less likely to intervene.

**True or
False?**

True or False?

Only “bad” people abuse children.

True or False?

True or False? Only bad people abuse their children.

- ▶ **False:** Not all abusive parents or guardians intentionally harm their children. Many have been victims of abuse themselves and don't know any other way to parent. Others may be struggling with mental health issues or substance abuse problems. Say something so the adult can get the help they need. Keep the child safe.

True or
False?

True or False?

Abuse is more likely to happen in families with low household income.

True or False?

True or False? Abuse is more likely to happen in families with low household income.

- ▶ **False:** Abuse and neglect behaviors cross all racial, economic, and cultural lines. Sometimes, families who seem to “have it all” from the outside are hiding a different story behind closed doors.

**True or
False?**

True or False?

Most child abusers are strangers to the child.

True or False?

True or False? Most child abusers are strangers to the child.

- ▶ **False:** While abuse by strangers does happen, most abusers are family members or others close to the family.

True or False?

True or False?

Abused children are more likely to grow up to be abusers.

True or False?

True or False? Abused children are more likely to grow up to be abusers.

- ▶ **True:** It is true that abused children are more likely to repeat the cycle as adults, unconsciously repeating what they experienced as children.

Important: On the other hand, many adult survivors of child abuse have a strong motivation to protect their children against what they went through and become excellent parents.

Video: Recognizing and Reporting Child Abuse



Jonathan Thompson
Child & Family Specialist, CALM

A teenager came to me and she stated that she had been abused by her mother. Um, she was very ashamed about this fact

Working through Scenarios

Actions to consider

What would you do immediately?

Would you record any of this, and if so where?

What actions would you take immediately and in the long term?

If you felt that you needed to take further advice who would you speak to?

If appropriate speak with the child and ask open ended questions:

- ▶ Log any comments made by the child regarding this on incident form.
- ▶ Consider if it is appropriate to discuss this with the parents;
- ▶ Contact the PEEC ED for advice if needed or to make a referral

Scenario:

Cecelia's mom drops her off and says, "You better stop being evil today. I swear you are no good, and I wish I did not even have to pick you back up."

Scenario:

Answer:

Cecelia's mom is talking very negatively of her. She is belittling and critical. **These are signs of emotional abuse and should be reported.**

Scenario:

Channing's dad never has much to say when he comes to the program. He seems very guarded and private. When you ask the children to bring in pictures from home for a project, Channing's dad gets very upset that you are violating the family's privacy. Channing says he is not allowed to work on the project or talk about his family.

Scenario:

Answer:

You can and should respect a family's right to privacy. If they don't want to share information, that is OK. You should always continue to monitor the well-being of all your children, though. Being secretive or unduly protective of a child can be a sign of abuse. Watch for other signs and make a report if you suspect maltreatment.

Scenario:

Violet, age 11, is having a hard time walking. When she sits down, she acts like it hurts. You ask her what is wrong. She just looks down and says, "Nothing." A few days later, she is playing soccer with the other children. She rolls up her pant legs stretches on the ground when she gets warm. You notice dark purple bruises on her inner thighs. She seems to remember the bruises are there and rolls the pant legs back down below her knees.

Scenario:

Answer:

Violet might have been the victim of sexual abuse. Pain or difficulty walking or sitting is a warning sign of this type of abuse. Do not question the child further; sexual abuse is a very sensitive topic and is best left to a trained counselor and the investigators. Simply document what you have seen and report your suspicions right away.

Scenario:

Edgar has always been a little “dad.” He seems to take care of other children. You have noticed that he always seems especially concerned about his three younger siblings. Today you caught him stuffing extra snack in his pocket. He said he needed to take it home for his brothers and sisters.

Scenario:

Answer:

Edgar seems to be taking on a parenting role for his younger siblings. Continue to monitor, but this could be an early warning sign of child neglect.

Scenario:

Alecia, age 6 months, has had a severe cough for at least two weeks. It has gotten so bad that her whole body seems to seize up when she coughs. She wheezes and seems exhausted. You are very concerned about her health and have expressed your concerns to her mom. Mom just keeps saying, “It’s getting better. The doctor will just tell me it’s a cold and there’s nothing they can do. It’s a waste of time.”

Scenario:

Answer:

Alecia may be experiencing medical neglect. Alecia's mother does not seem to be providing necessary medical care despite the financial means to do so. Document what you have observed and make a report.

Reporting Information

- Mandated reporting to state agency: NM 800-797-3260 (24 hours)
- <http://www.cyfd.org/reporters.htm>
- National Child Abuse Hotline is 1-800-422-4453
- Talk with PEEC ED and fill out a PEEC incident report